



2014 PHAT TO FIT CHALLENGE POINT SYSTEM

Contestants start 0 points

Team challenge (Total of 7) Total of 70 points

10 points per challenge

Weekly Workouts (Total of 20) Total of 200 points

10 points per Workout

Food Logs (Total of 10) Total of 200 points

20 points per log turned in

Weight Loss Per (Total of 9 weigh-ins) Total of 225 points

10 points for Weight loss

15 points for one contestant out of 16 with the most lost per week

-15 for weight gained

TBA Test

100 points for 1st place 75 points 2nd place 50 points 3rd place Total of 100 points

5 point deduction for followed positions

****Not wearing the P2F shirt during team workouts or Friday challenges will result in a loss of 10 points***

If a contestant does not weigh in they will lose 15 points and will NOT be eligible for the 15 bonus points the following weigh in, the next person with the most weight will be eligible.

Bonus Points 5 points per day for any other additional work outs, two additional workouts possible. No additional points available on workout days or Friday challenges. In the event of a tie the tie breaker will be determined at closing ceremonies.

If you have questions or concerns about the point system please direct them to

Nathan Johnson or Robyn Sullens